



# REPORT

FROM: November 14, 2021

UNTIL: November 20, 2021

ESTIMATED  
HbA1C

6.6

%

BLOOD GLUCOSE  
AVERAGE

8.0

mmol/L

BLOOD GLUCOSE  
DEVIATION $\pm 4.6$ 

mmol/L

ACTIVITY

30:09

HYPOS

12%

19

HYPER

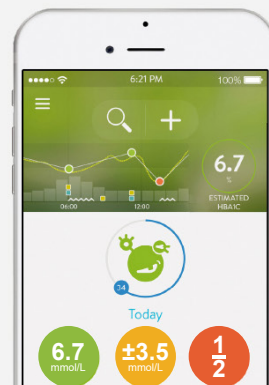
18%

28

## What is mySugr Logbook?

mySugr Logbook is a charming diabetes logbook app that's full of attitude. It makes your diabetes data useful in everyday life with elements of fun, gamification, and immediate feedback! Stay motivated and involved in your diabetes therapy, today!

[accu-chek.ca/en/mysugr-app](https://accu-chek.ca/en/mysugr-app)



### NOTE

The statistics displayed in this report (estimated HbA1c, blood glucose averages, blood glucose deviation, hypos, hypers, etc.) do NOT consider data from CGMs (Continuous Glucose Monitors).

### SETTINGS

CARB  
UNIT

Gram

HYPO

4.5

mmol/L

TARGET RANGE

5.0 — 8.5

mmol/L

HYPER

10.0

mmol/L

#### LEGEND

- Blood Sugar Graph
- ~ Temp Basal
- ..... CGM Data

# WEEK 47

FROM: Nov 14, 2021  
UNTIL: Nov 20, 2021

BASAL

0%  
0.0 IU/Day

ESTIMATED  
HBA1C

6.9  
%

BLOOD GLUCOSE  
AVERAGE

8.3  
mmol/L

BLOOD GLUCOSE  
DEVIATION

±3.8  
mmol/L

ACTIVITY

12:42

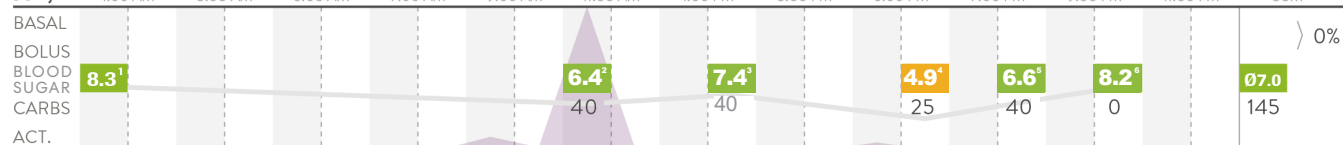
HYPOS

13%  
7

HYPERS

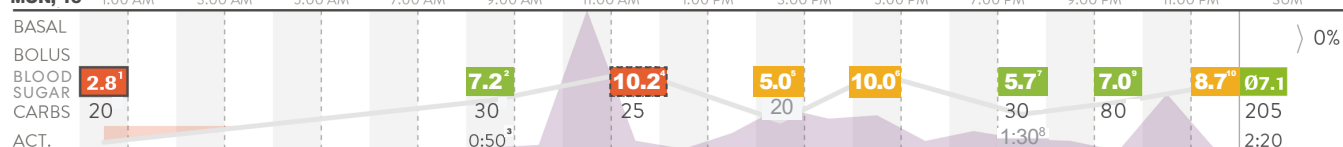
24%  
13

SUN, 14



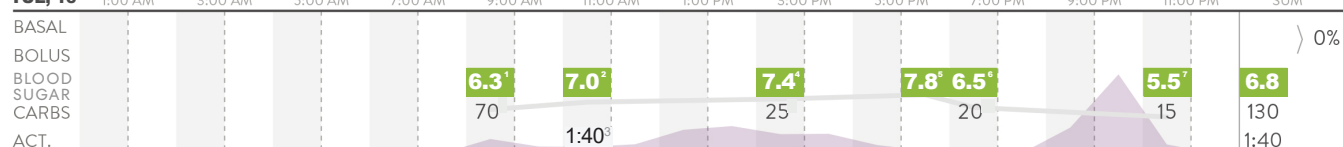
<sup>1</sup> Chilling, Correction <sup>2</sup> Happy, Tired, Breakfast <sup>3</sup> Lunch, Happy, vacation <sup>4</sup> Chilling, Snack, Vacation  
<sup>5</sup> Happy, Vacation, Dinner / Cooking with friends <sup>6</sup> Alcohol, Vacation

MON, 15



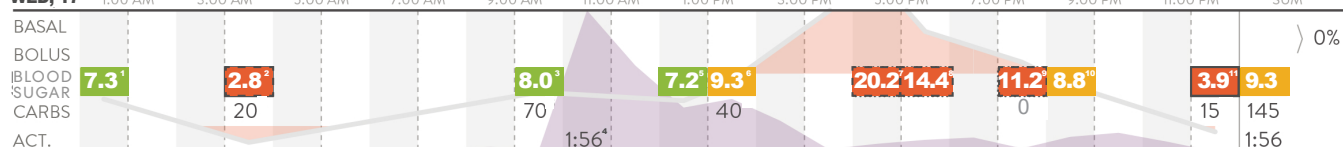
<sup>1</sup> Hypo feeling, tired / Too much insulin? <sup>2</sup> Fasting, Breakfast <sup>3</sup> Cycling <sup>4</sup> Office work, snack <sup>5</sup> Lunch, Happy <sup>6</sup> Stress, Office work, Correction / Trouble with the boss <sup>7</sup> Sports, snack, happy / Extra carbs-sports <sup>8</sup> Basketball <sup>9</sup> Dinner / Dual wave bolus <sup>10</sup> Chilling / Tired

TUE, 16



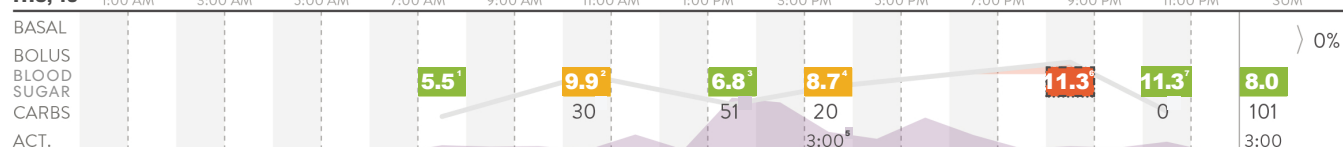
<sup>1</sup> Fasting, Breakfast / Dual wave <sup>2</sup> Office Work <sup>3</sup> Walking <sup>4</sup> Snack <sup>5</sup> Excited, Correction / HbA1c <sup>6</sup> Snack, On the way, Shopping <sup>7</sup> Chilling, Snack

WED, 17



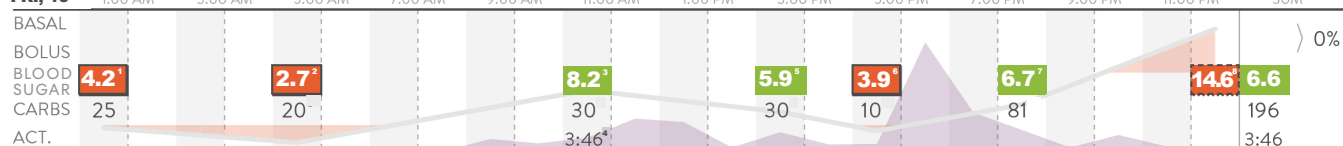
<sup>1</sup> Tired <sup>2</sup> Hypo feeling, At night / Because of alcohol? <sup>3</sup> Happy, Vacation, Breakfast <sup>4</sup> Walking <sup>5</sup> Stress, On the way / Heading to the airport <sup>6</sup> Travelling, Lunch / Flying to San Diego <sup>7</sup> Angry, Headache, Correction / Forgotten <sup>8</sup> Tired, Headache / Ketones <sup>9</sup> Tired, Correction <sup>10</sup> Tired <sup>11</sup> Hypo feeling, Tired

THU, 18



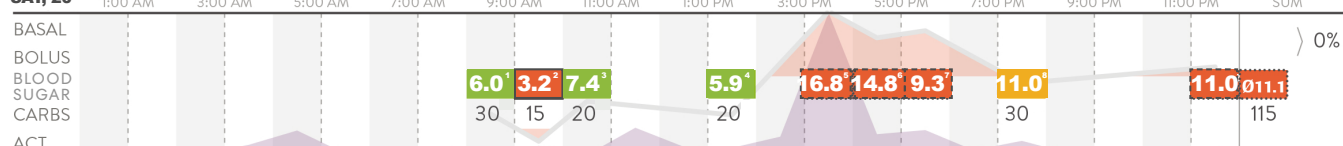
<sup>1</sup> Excited, Vacation, Fasting <sup>2</sup> Travelling, Vacation, Breakfast / Travel to San Francisco <sup>3</sup> Travelling, Lunch, Happy <sup>4</sup> Snack, On the way, Shopping  
<sup>5</sup> Sightseeing Tour <sup>6</sup> Alcohol, Chilling, Correction / No insulin for beer <sup>7</sup> Alcohol, Chilling, Tired / No insulin for wine

FRI, 19



<sup>1</sup> Tired, vacation / Extra carbs - worried about lows overnight <sup>2</sup> Hypo Feeling <sup>3</sup> Sports, Vacation, Fasting / Extra carbs <sup>4</sup> Working out / Cycling  
<sup>5</sup> Chilling, Snack, Happy <sup>6</sup> Hypo feeling / too much exercise? <sup>7</sup> Vacation, Dinner <sup>8</sup> Tired, Vacation, Correction / Estimated carbs wrong?

SAT, 20



<sup>1</sup> Fasting, Breakfast / Headache <sup>2</sup> Hypo Feeling, On the way <sup>3</sup> Office work, snack <sup>4</sup> Lunch <sup>5</sup> Stress, Excited, Correction / Business conference  
<sup>6</sup> 14.4, 15.4, 14.5, 14.8 <sup>7</sup> Chilling, Dinner / BBQ <sup>8</sup> Tired, Correction